

Town of Wellesley
Healthy Wellesley Resource Guide
Summer 2008



July 2008

Dear Wellesley Residents and Friends,

It is with great pleasure that we introduce the first Healthy Wellesley Resource Guide. It showcases the health and wellness programs, services and resources available in Wellesley.

The Guide is a product of a grant awarded to the towns of Needham and Wellesley by the West Suburban Community Health Network Area 18 (CHNA 18). CHNA 18 is a regional coalition of partners in nine communities (including Wellesley) whose vision is to fund and support grassroots efforts that address community public health priorities.

The grant was designed to enhance the efforts of the Eat Well/Be Fit initiative in Needham, and examine whether replication of this model in Wellesley could help the Health Department forge new partnerships with town departments, organizations and advocates grappling with childhood, adult and senior overweight/obesity issues, as well as other barriers to achieving a healthy life.

The Healthy Wellesley Committee was formed to assess these concerns in the community, and identify programs, resources and materials available to address them. Many exciting ideas were generated, including the advent of this resource guide.

We hope the Healthy Wellesley Resource Guide is a useful resource. It is available on-line on the Health Department's website: www.wellesleyma.gov/health (click on the Healthy Wellesley link).

Be well,

Mary Suresh
Director, Wellesley Health Department

Hans Larsen
Executive Director, Town of Wellesley

Special thanks are extended to Luis Prado, Director of Health and Human Services, City of Chelsea, for the use of the City of Chelsea Youth and Family Resource Guide template.

And to the Healthy Wellesley Committee, led by Cheryl Lefman of the Wellesley Health Department and Maura Renzella, Wellesley Youth Director, and comprised of representatives from the Public Schools, Recreation Department, Council on Aging, It Takes a Town Committee, Animal Control Officer/Stray Pets in Need Director, Natural Resources Commission/Trails Committee, Newton-Wellesley Hospital, Wellness Alliance Director, and resident advocates.

Cover Art: Town of Wellesley trail map, courtesy of the Trails Committee.

Town of Wellesley Healthy Wellesley Resource Guide

1st Edition, Summer 2008

Developed by the Healthy Wellesley Committee

Cheryl Lefman - Wellesley Health Department - Coordinator
Maura Renzella - Wellesley Youth Commission - Coordinator

Melissa Anderson - Recreation Department
Janet Bowser - Natural Resources Commission/Trails Committee
Toni Duval - Wellesley Public schools
Katherine Mahon - Newton-Wellesley Hospital, Potluck Puzzles
Barbara Peacock-Coady - It Takes a Town Committee
Mary Suresh - Wellesley Health Department
Gayle Thieme - Council on Aging
Sue Webb - Animal Control Officer/Stray Pets in Need
Leslie Worris - Wellness Alliance
and resident advocates

Organizations interested in having their healthy living programs included in the on-line version of the Guide should contact Cheryl Lefman at the Health Dept: e-mail: clefman@wellesleyma.gov or telephone: 781-235-0135.

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Ways to Incorporate Healthy Living into Your Life

Participating in creative activities is easy - all it takes is a little imagination! The following are suggestions for children and families to spend time together while experiencing all that the Wellesley has to offer. Turn off the TV for a while and use these activities to stretch your imagination. Get your creative juices flowing and get going!

At Home:

Turn up the radio and dance

Learn to cook a new meal

Invent a new game

Read a book

Do an art project

Play make believe

Take pictures of your family and friends and build a scrapbook

Write a story or play and act it out for your family and neighbors

Outdoors:

Take up a new sport or hobby

Go for a walk with friends or stroll along the waterfront

Take up gardening

Build a snowman

Go exploring

Picnic in the park

Grab a towel and sunscreen and head to the beach

Have a relay race

In Town:

Visit the public library

Learn all about the famous historic sites in town

Attend a theater performance

Bring a friend to an art exhibit

Join a choir

Learn a new language

Volunteer in the community

Learn to play a new instrument

These are just a few suggestions. Get creative and come up with some activities of your own.

Guide to Organizations by Category

Organization	Page #	Town Dept. Resources	Environmental Resources	Fitness Resources	Informational Resources
Wellesley Animal Control	11	X			X
Wellesley Council on Aging	12	X		X	X
Wellesley Free Library	13	X	X	X	X
Wellesley Health Department	13	X	X		X
Wellesley Recreation Department	14	X		X	X
Town of Wellesley Recycling & Disposal Facility	15	X	X		
Wellesley Natural Resources Commission	15	X	X	X	X
Wellesley Youth Commission	16	X			X
GreenWave Wellesley	17		X		
The Natick Community Organic Farm	17		X		X
Organic Land Care	18		X		X

The Wellesley Cancer Prevention Project (WCPP)	19		X		X
Babson College Athletics Department	21			X	
Babson Skating Center	21			X	
LINX Enrichment Club for Kids	22			X	X
TeamMates Fitness Inc.	23			X	
The Wellness Alliance™	24			X	X
Wellesley Keep Moving Group	25			X	
The Wellesley Village Church	25			X	
Crossroads Counseling, Inc.	26				X
New Beginnings	26				X
Potluck Puzzles	27				X
Regional Center for Healthy Communities (Metrowest)	28				X
St. Andrew's Episcopal Church	28				X

Springwell's Family Caregiver Education Program	29				X
Stray Pets in Need of Mass Inc. (SPIN)	30				X
Wellesley Village Church- blood pressure screening	30				X
Wellesley Village Church- prayer shawl ministry	31				X
Wellesley Village Church- healing service	31				X

Park and Recreation Land in Wellesley

http://www.wellesleyma.gov/Pages/WellesleyMA_Trails/index

KELLY FIELD

108 Elmwood Road, adjacent to Bates School

Athletic fields, 2 tennis courts, winter sledding, Little League fields and woodland trails. Adjacent to Boulder Brook and Rocky Ledges Reservations, which supports a variety of wildlife in fields, swamps, forests, and cliffs.

COCHITUATE AQUEDUCT

Runs from Rte. 9 near the Natick Line to Weston Road in Wellesley Square and from Woodlawn Avenue to the Charles River at Walnut Street.

Scenic hiking and cross-country skiing.

MORSES POND BEACH

Turner Road off Weston Road

Public swimming, lessons, life guards, sailing and lessons, playground, and picnic areas.

SPRAGUE FIELD

Between the Middle School and the Recreation Department

Little League fields, softball, tot lot, picnic benches, 4 tennis courts, and 3 soccer fields.

HUNNEWELL PARK (TOWN HALL PARK)

525 Washington Street, Wellesley Square

Town Hall, arboretum, duck pond, picnic tables, and benches.

FULLER BROOK PATH

Runs from Dover Road to State Street at Hunnewell Field

Walking, jogging, and cross-country skiing.

HUNNEWELL FIELD

On Washington Street, near Wellesley High School

Little League and soccer fields, 2 small playgrounds, 2 outdoor basketball courts, 8 tennis courts, high school athletic fields and track.

Park and Recreation Land in Wellesley continued:

CAROLINE PATH

Runs from Hunnewell Field to Maugus Avenue in Wellesley Hills - walking and jogging path.

ELM PARK

Washington Street, Wellesley
Clock Tower, picnic tables, and benches. A local garden club provides flowers.

ROCKRIDGE POND

Off Hundreds Road
Fishing and ice-skating.

SCHOFIELD SCHOOL FIELD

Off Cedar Street
Little League field, soccer, 4 tennis courts, basketball, and playground.

LONGFELLOW POND

Oakland Street
Fishing, skating, hiking, and cross-country skiing. Surrounded by the Town Forest.

CENTENNIAL PARK

Oakland Street
Meadow lands, pond, self-guided nature trail, hiking, and cross-country skiing. Offers a scenic vista of Wellesley and Needham.

WASHINGTON PARK

River Street, Wellesley Lower Falls
Finlay Dam and fish-way on the Charles, benches and scenic views.

For more information on any of these Conservation Areas, please call the Natural Resources Commission office at 431-1019 ext. 290.

Organization Descriptions

Town Department Resources:

Wellesley Animal Control

Sue Webb

485 Washington Street, Wellesley MA 02482

781-235-8460

swebb@wellesleyma.gov

Program(s) description(s):

1. Pet and Purr in the animal control office at the Police Department. Volunteers are needed to help with litter box clean up, feeding and spending time playing with the kittens so they can become more social with people. The adult cats need some TLC. Sit with them, talk softly, and slowly pat them. This will help the cats overcome any fears, which will make them better candidates for adoption. It can help to lower your blood pressure too!
2. Get Lost! Go for a 1-3 mile walk. Sit and read a book for an hour or so at the end of the walk, until Mazi the bloodhound finds you. Or go for a walk for 1-3 miles; then go home and do errands, but come back to the end spot 12 - 24 hours later to be found by a big slobbery bloodhound. The exercise is good for you and you are helping train a dog to search for lost/missing children or a person with Alzheimer's disease. If you have kids, then you can all go for a walk, push a stroller or ride a bike. Mazi will find and touch the person whose scent she was given. Training to lay a trail and be a lost person provided by Animal Control Officer.
3. Materials are available on pet health and welfare, as well as safety for pets, people, and wildlife.
4. Presentations on any of the above topics with hand out materials appropriate for any age group are available to small or large groups.

Population targeted: middle school to adult

Program cost: None

Program hours of operation: variable

Wellesley Council on Aging

Gayle Thieme, Director of Senior Services
219 Washington Street, Wellesley MA 02481
781-235-3961
gthieme@wellesleyma.gov

www.wellesleyma.gov/coa

Program(s) description(s): Beginner & Intermediate Yoga (weekly); Balance & Flexibility Classes (2 x week); Beginner's and Intermediate Tai Chi (weekly) (co-sponsored by Wellesley Recreation Dept.); Weight Watchers (for anyone age 18+) - weekly meetings held at the Community Center; Line Dancing (weekly); Daily lunch program (sponsored by Springwell) at 11:45 a.m. M-F; Quarterly Nutrition Talks by Springwell Dietician - topics vary; Walking Group - led by senior volunteers - every Monday 10 a.m.; "Keep Well Clinics" - sponsored by the Wellesley Health Dept. - held 2x month at Council on Aging/Community Center.

In addition, the Council on Aging sporadically offers seminars / lectures by various area professionals to address health & wellness issues (for example: "Holiday Stress & How To Cope" offered Dec. 2007). Call the office for details.

The COA also offers a variety of educational and recreational programs that can contribute to keeping one's lifestyle "healthy" (example - crafts groups; bridge games; entertainment; special events - like holiday party & summer BBQ's; language classes; computer classes, etc.).

Population targeted: 60 +

Program cost: We have programs that are free of charge, as well as programs we charge a fee for.

Program hours of operation: All COA programs run between 9 a.m. and 4 p.m. - Monday through Friday. Occasionally a special event may held in the evening and/or weekend.

Program year: All of the above mentioned programs run regularly during the course of the year.

Wellesley Free Library

Elise MacLennan, Assistant Director for Library Services

530 Washington Street, Wellesley Ma 02482

781-235-16010 Ext. 1107

emacLennan@minlib.net

www.wellesleyfree.org

Program(s) description(s): Health and wellness related information is available through a variety of mediums at the Library. We purchase books and audio-visual materials for borrowing, make available free access to electronic databases and reference resources, and have skilled librarians to help you navigate it all.

Population targeted: Residents of Wellesley and nearby communities.

Program cost: All library programs and resources are free and open to the public.

Program hours of operation: Online resources available 24/7; Library hours Monday-Thursday 9:00 a.m.-9:00 p.m., Friday 9:00 a.m.-6:00 p.m., Saturday 9:00 a.m.-5:00 p.m., and Sunday 1:00 p.m.-5:00 p.m. Closed Sundays during July/August.

Program year:

Wellesley Health Department

Mary Suresh

Annie F. Warren Building- 90 Washington St, Wellesley Ma 02481

781-235-0135

msuresh@wellesleyma.gov

www.wellesleyma.gov/health

Program(s) description(s): Offers information, services and resources to the community including:

Keep Well Clinics: blood pressure checks, glucose checks, health counseling and referrals, and some immunizations.

Homebound visits: a public health nurse will provide the services described above to those who are homebound.

Fall Prevention: medication and safety of the environment assessment.

Health Dept. staff will address concerns.

Medical Reserve Corps (MRC): Join your neighbors and friends who volunteer in the MRC. The Wellesley MRC is a group of concerned residents with clinical or non-medical skills who will assist the Health Department in a local, large-scale public health emergency. Come to trainings on important health topics, and engage in drills to reinforce the training you have received.

Population targeted: All

Program cost: Free

Program hours of operation: N/A

Program year: N/A

Wellesley Recreation Department

Jan Kaseta

Matt Chin

Melissa Anderson

90 Washington Street, Wellesley Ma 02481

781-235-2370

jkaseta@wellesleyma.gov

www.wellesleyma.gov/recreation

Program(s) description(s): A variety of health, exercise, yoga, martial arts, and cooking programs for youth through adults.

Population targeted: All ages

Program cost: Varies

Program hours of operation: Monday-Friday 8:30 a.m.-10:00 p.m., Saturday 8:30 a.m.-6:00 p.m., and Sunday 10:00 a.m.-6:00 p.m.

Program year: Programs offered each season. Brochures sent to each Wellesley resident seasonally.

Town of Wellesley Recycling & Disposal Facility

Gordon Martin

169 Great Plain Avenue, Wellesley Ma 02481

781-235-7600 Ext. 3345

gmartin@wellesleyma.gov

www.wellesleyma.gov

Program(s) description(s): Recycling and Disposal Facility, full recycling available, residential leave and take it area, book exchange shelf.

Population targeted:

Program cost: Part of taxes

Program hours of operation: Monday-Wednesday 7:00 a.m.-12 Noon, Thursday-Friday 7:00 a.m.-3:45 p.m., and Saturday 7:00 a.m.-4:45 p.m.

Wellesley Natural Resources Commission

Wellesley Town Hall- 525 Washington Street, Wellesley Ma 02482

Janet Hartke Bowser, Esq., Executive Director

781-431-1019 Ext. 2290

jbowser@wellesleyma.gov

www.wellesleyma.gov/NRC

Program(s) description(s): The Natural Resources Commission sponsors many environmental protection and education programs throughout the year including:

1. Spring and Fall Series of trail walks throughout the Town's Open Space;
2. Regular conservation and parkland clean-up events and projects; and
3. Environmental education programs on a wide range of topics including open space protection and conservation restriction programs, pesticide use reduction and organic lawn care methods, children's nature programs, vernal pool identification programs, Earth Day Education program, tree protection and management programs, Arbor Day Celebration, wetland protection and water resource conservation programs, environmental health programs, and Town Forest educational trail walks.

Population targeted: Residents of all ages

Program cost: NRC programs are free to the public

Program hours of operation: Varies by type of program- See NRC's website for specific information and schedule of programs.

Program year: Most NRC programs run annually, but there are many special events so please check the website regularly.

Wellesley Youth Commission

Maura Renzella- Youth Director

219 Washington Street. Wellesley Ma 02481

781-446-6274

mrenzella@wellesleyma.gov

www.wellesleyma.gov/youth

Program(s) description(s): The Wellesley Youth Commission provides programs and services designed to ensure that Wellesley's youth and their families feel they are a valued part of the community. By providing a wide variety of community-based events, programs and services, the Youth Commission strives to appeal to and meet the needs of a broad spectrum of middle and high school age youth and their families. Programs range from psycho-educational discussion groups and service learning opportunities to social/recreational activities and lecture series.

Population targeted: Town of Wellesley middle and high school youth and their families.

Program cost: Free

Program hours of operation: Youth Commission office hours Monday through Friday 9:00am to 4:00pm

Program year: Year round

Environmental Resources:

GreenWave Wellesley

Deborah Bates
c/o 42 Clovelly Road, Wellesley Ma 02481
781-235-5577
dbates@gis.net

Program(s) description(s): GreenWave Wellesley is a grass-roots organization started by neighbors in early 2006. Beginning with a program on sustainability and healthy home and yard practices, our organization has quickly grown to be town-wide. Our mission today is to educate and advance these causes in the full context of sustainability: curbs on global warming, conservation of resources such as water and our rain barrel initiative, elimination of toxic materials from yards by promoting healthy soils and natural pest controls, educating and promoting use of natural products in homes to replace chemicals for cleaning, and working for high performance green building standards in our town. GreenWave Wellesley is the local affiliated chapter of the Massachusetts Climate Action Network.

Population targeted: All

Program cost: N/A

Program hours of operation: Year round

Program year: Year round

The Natick Community Organic Farm

Jane Harvey
117 Eliot Street, Natick Ma 01760
508-655-2204
ncorganic@verizon.net

www.natickfarm.org

Program(s) description(s): The Natick Community Organic Farm is a non-profit, member based, educational organization on 27 acres of Town owned land. We raise livestock for meat, eggs, and organic agricultural

products for sale to the public. We are open for your visits and purchases, all day, light hours year round. We offer great weekly programs, as well as adult, scout, vacation, and summer programs.

Population targeted: All

Program cost: Varied- \$10 - \$50

Program hours of operation: The Farm is open to the public year round during daylight hours. Staffed 9-5 weekdays. Scheduled programs run all year round.

Program year:

Organic Land Care (a program of the Northeast Organic Farm Assoc.)

Ashley Kremser, Organic Land Care Program Manager, Stevenson, CT

Kathy Litchfield, Massachusetts OLC Coordinator, Petersham, MA

Sarah Little, Ph.D., OLC Committee member, Wellesley, MA

PO Box 164 Stevenson, CT 06491

203-888-5146

akremser@ctnofa.org

www.organiclandcare.net

kathylitch29@yahoo.com

slittles@comcast.net

Program(s) description(s): Our mission is to extend the vision, principles and expertise of organic agriculture to the landscapes where people live their daily lives. We:

- Offer courses in organic lawn and landscape care,
- Run an accreditation program for professionals,
- Publish guides, books and brochures on organic land care, and
- Maintain a list of accredited organic landscapers on our website, including those who serve Wellesley

Our Standards for Organic Land Care is the first set of comprehensive organic standards for landscape services, and has been recognized across the U.S. as a model. The Organic Land Care Program is a joint project of the Connecticut and Massachusetts chapters of the Northeast Organic Farming Association. NOFA is one of the oldest organic advocacy organizations in the U.S.

Population targeted: Homeowners, lawn professionals, athletic turf managers, landscapers, municipal employees.

Program cost: Costs range from free Organic Land Care Guides, through 1-day lawn and turf workshops (\$150), to 5-day comprehensive organic landscaping courses (\$450).

Program hours of operation: 5-day landscaping courses are held in January; 1-day lawn and turf courses are held in August; organic land care help and information are available year round.

Program year: Organic Land Care operated year round and has been in existence 1999.

The Wellesley Cancer Prevention Project (WCPP)

Sara Frost Azzam, President

PO Box 812387 Wellesley, Ma 02482

888-370-9626

info@wcpponline.org

www.wcpponline.org

Program(s) description(s): It is the mission of the Wellesley Cancer Prevention Project (WCPP) to raise awareness of the relationship between environmental issues and the incidence of cancer. We do this by hosting and presenting workshops, hosting our own website, and writing articles about various health concerns for our local newspaper, the Wellesley Townsman.

Our accomplishments include:

- Successfully lobbying the town for the creation of a Town Pesticide Awareness Coordinator,
- Publishing many articles in the Wellesley Townsman highlighting health risks related to various chemicals,
- Providing guidance to the Natural Resource Commission which resulted in their decision to avoid using herbicides in Morses Pond,
- Working with other environmental groups to lobby the Commonwealth of Massachusetts to establish a commission to protect child health and development,
- Serving on the Sprague Fields Task Force to provide guidance in the area of artificial turf and health & safety,

- Providing seminars and forums to educate community members about the potential hazards of water, dry-cleaning, personal care products, plastics, and other areas of health concern.

Population targeted: All men, women, and children in Wellesley and its surrounding communities. If you would like to be put on our mailing list, please send an e-mail to info@wcpponline.org.

Program cost: All workshops are free of charge, unless otherwise noted.

Program hours of operation: Workshops are generally presented in the evening, but other hours may be arranged to accommodate group requests.

Program year: Runs on a continuing basis throughout the calendar year. The WCPP will schedule a program in conjunction with a group's request. Please email info@wcpponline.org with your request or to get more information.

Fitness Resources:

Babson College Athletics Department

Andy Dutton, Facility Manager

Webster Center

781-239-4250

Dutton@babson.edu

www.babsonathletics.cstv.com

Program(s) description(s): B-Club Membership to the athletics facility.

Population targeted: 18+

Program cost: \$450. September thru August

Program hours of operation: see website

Program year: yearly

Babson Skating Center

Paul Donato

Rebecca Turkel

150 Great Plain Avenue Wellesley, Ma 02482

781-239-6050

donato@babson.edu

www.babsonskatingcenter.com

rturkel@babson.edu

Program(s) description(s): Skating-School Classes – Fall, Winter and Spring Sessions

Public-Skating Sessions

Public-Hockey Sessions

Rental Skates

Figure-Skating Sessions

Ice Dance and Moves in the Field Sessions

Hockey Games - Official Rink of the Babson Beavers

Hockey Camps

Birthday Parties

Private Rentals

Population targeted: All

Program cost: Varies

Program hours of operation: The arena is open daily from 7:00 a.m.-11:00 p.m. Public Skating Hours: Monday-Friday 10:00 a.m.-11:50 a.m., Friday 7:40 p.m.-9:30 p.m., and Sunday 2:00 p.m.-3:50 p.m.

Program year: Year round

LINX Enrichment Club for Kids

Josh Schiering

141 Linden Street Wellesley, MA 02482

781-235-3210

information@linx-usa.com

www.LINX-USA.com

Program(s) description(s): The LINX Enrichment Club offers more than 130 enrichment classes designed to meet the growing needs of children ages 18 months through 13. Out fitness and sports classes are outlined below. You can see the full range of course and their descriptions by visiting www.LINX-USA.com!

Karate Kids (4 yrs. - 6th grade): Develop unshakable confidence and powerful self control as you advance through the ranks!

Yoga Adventures (4 yrs. - 6th grade): Learn breathing, poses and movements integrated with music.

Dance - Hip Hop, Jazz and Ballet (3yrs - 6th): Learn the techniques and experience the fun (class ends with a recital)

All-Star Sports (5th - 8th): An advanced sports class that gets your heart pumping while we develop the fundamentals of the game using fun and creative workouts for all sports!

Sports Max (2nd - 4th): Join us as we break down the game and teach you the techniques you need to advance your skills on the field and the courts.

Sports LINX (K-2nd): An fun and energetic introduction to a variety of sports

Fit Kids (K-5th): Be active and healthy while we explore healthy food choices and perform physical fitness games and challenges.

Whose Game Is It (K - 5th): Explore a variety of different games and help design new games!

Team Building (4th - 6th): Come challenge your mind and bodies while enhancing and building a positive group dynamic.

Toddle Time (18mo - 36mo): Toddlers enjoy exploring a world of movement across mats and tumbling equipment.

TumbLINX (3 - 5yrs): Come learn fundamental gymnastic skills and body awareness.

Population targeted: Ages 18 months – 13 years

Program cost: \$95/month

Program hours of operation: 9:00a.m. - 6:00 p.m.

TeamMates Fitness Inc.

Leanne and Mike Lalor

310 Washington Street- Suite 206, Wellesley, Ma 02481

781-237-5300

lealaor@teammatesfitness.com

www.teammatesfitness.com

Program(s) description(s): By appointment only, no membership required, one on one, and small group Pilates, personal training, or Meridian stretching. We also offer athletic training for middle and high school athletes. A variety of trainers and programs are available to suit your needs and your goals.

Population targeted: All age groups, all fitness levels.

Program cost: \$85 private, group of two \$55 per person, group of three \$45 per person, group of four \$40 per person - 60 minute sessions.

Program hours of operation: Open seven days a week, by appointment only.

The Wellness Alliance™

Leslie H. Worris, MPH, RYT
108 Oakdale Road, Newton MA 02461
617-335-5862
leslie@wellnessalliance.com

www.wellnessalliance.com

Program(s) description(s): - Consulting, Coaching, Motivational Speaking and Education Programs. Develop and implement wellness programs that can be conducted at home, in the workplace or in a community organization;

Topics include but are not limited to:

- Balance and Fall prevention
- Living with Chronic Illness
- Healthy Bodies/ Healthy Brains
- Stress/Time Management
- Yoga Programs - a) Back Care b) Beginner (chair) c) Intermediate
- Work/Retirement Life Balance
- Develop customized programs to prepare for surgery (knee, hip), chemotherapy, radiation therapy
- Weight Management, Eating Well
- " Feeling Good, Living Well " © - Lunchtime lecture series
- Meditation/Relaxation
- Pain Management

Population targeted: Baby Boomers, seniors, individuals with chronic conditions (cancer, arthritis, Parkinson's, osteoporosis, musculoskeletal issues)

Program cost: Price is dependent on type of program.

Program hours of operation: Flexibility available for weekday/evening and weekend programs.

Program year: Customized programs throughout the year.

Wellesley Keep Moving Group

Betty Baghai

3 Southgate Road, Wellesley Ma 02482

781-237-1577

Program(s) description(s): Meet for a three-mile walk, starting at the back of the Wellesley Free Library.

Population targeted: 60+

Program cost: Free

Program hours of operation: Mondays at 10:00 a.m.

Program year: Year round

The Wellesley Village Church

Susan Hoffman

123 Benvenue Street, Wellesley Ma 02481

781-235-1294

sghhoffman@cocmast.net

Program(s) description(s): Tai Chi at the Village Church

Population targeted: Church and community members

Program cost: 8 weekly sessions for \$120.00

Program hours of operation: Every Thursday from 8:00 a.m.-9:00 a.m.

Program year: September-May

Informational Resources:

Crossroads Counseling, Inc.

Linda Cohen
219 Washington St. Wellesley Ma 02481
781-431-2277 ext 51
lndcohencc@aol.com

Program(s) description(s): Crossroads Counseling, Inc. is a comprehensive mental health group practice providing counseling and therapy for individuals, families, and groups providing both short-term and long-term goal focused treatment.

Population targeted: Adolescents, adults, and seniors

Program cost: Accept third party payment

Program hours of operation: Monday through Thursday, 9:00am to 8:00pm; Friday 9:00am to 5:00pm; and Saturdays 9:00am to 12:00pm

New Beginnings

Rev. David Stryker
Wellesley Hills Congregational Church- 207 Washington St. Wellesley
Ma 02481
781-337-5679
feelstress@comcast.net www.newbeginingswellesley.org

Program(s) description(s): New Beginnings is an interfaith support group for separated, divorced, widowed, and single adults dealing with any type of loss. Meetings are held every Thursday night at the church, beginning at 6:30pm if you would like to bring a meal and chat informally, followed by coffee and conversation at 6:30pm, and 7:00pm for support/discussion groups.

Population targeted: Separated, divorced, widowed, and single adults

Program cost: Free

Program hours of operation: Thursday nights 6:30pm – 9:00pm

Program year: All year- including holidays

Potluck Puzzles

James and Katherine Mahon
48 Silver Hill Lane #9, Natick, MA 01760
339-222-8529
james@potluckpuzzles.com

www.potluckpuzzles.com

Program(s) description(s): Diabetes & Nutrition Education (Self Management) Tools: *What Can I Eat & Are You in Control* are 16 page fun & interactive puzzle books that cover the American Diabetes Association's 10 content areas of Diabetes care with a special emphasis on nutrition. Tools offer an innovative approach to understanding & living healthy with diabetes.

It is a constant struggle for people with diabetes to balance eating, checking blood sugars, exercising and often taking medications in order to maintain good blood sugar control. Success depends in part on motivation and knowledge. Potluck Puzzle Books offer a positive means for people to help manage their diabetes. Not only do people enjoy these tools, but they will want to share them with friends and family. Potluck Puzzles drive home important educational topics and allow people to learn in a fun environment.

Books are available to purchase for personal use. Books can be used for fundraising. We also offer diabetes workshops (fee applies).

Population targeted: Anyone who knows someone with Diabetes

Program cost: Books 1-50 \$2.50 each, Books 50-99 \$1.50 each, and Books 100+ \$1.00 each.

Program hours of operation: N/A

Program year: N/A

Regional Center for Healthy Communities (Metrowest)

Michelle Keenan- Director

552 Massachusetts Ave. Cambridge Ma 02139

617-441-0700

mkeenan@healthier-communities.org www.healthier-communities.org

Program(s) description(s): The Regional Center offers an extensive lending library of prevention and health promotion resources, including books, curricula, videos and visual aids. The Center staff support the work of community coalitions throughout the Metrowest region through trainings and technical assistance.

Population targeted: Metrowest region of Massachusetts

Program cost: Free

Program hours of operation: Monday – Friday 9:00am – 5:00pm

Program year: All year

St. Andrew's Episcopal Church

Rose Erler

79 Denton Street, Wellesley Ma 02482

781-235-7310

rose@standrewswellesley.org

www.standrewswellesley.org

Program(s) description(s): Weekly Midday Contemplative Communion Service- Looking for a way to refresh your spirit in the midst of the busy work week? Please join us for contemplative worship on Thursdays at 12:10pm in our children's chapel. A quiet opportunity for prayer and meditation, this thirty-minute service includes long periods of silence, reflective readings from the bible and other spiritual writings, opportunity to pray for your own needs and those of others, and the sharing of bread and wine. Everyone is welcome at this service, from regular churchgoers to first time spiritual seekers. Enter at 79 Denton Road and ask the receptionist to show you to the children's chapel.

Population targeted: Open to all

Program cost: Free

Program hours of operation: Thursdays from 12:10pm to 12:45pm

Program year: Year round

Springwell's Family Caregiver Education Program

Sandra Boris-Berkowitz

125 walnut Street, Watertown Ma 02472

617-926-4100

inforef@springwell.com

www.springwell.com

Program(s) description(s): Caring for family members is rewarding, but can also be challenging. Springwell offers free seminars to provide support and practical information to those who assist their loved ones as they age. Seminar topics addressed during the past year include Long Distance Caregiving, Coping Skills for Caregivers, Memory Loss, Finding Resources for Elder Care, Housing Options, When to Stop Driving and Alzheimer's Disease.

If you are interested in attending a seminar or would like to schedule one for your group, please contact Sandra Boris-Berkowitz, Springwell's Education Coordinator, at (617) 926-4100 or inforef@springwell.com.

Sandra also maintains a Caregiver e-mail list to keep people informed of caregiver-related events and issues in the Springwell area. Contact Springwell to be added to this e-mailing list.

Population targeted: Family caregivers of elders; Elders and their spouses

Program cost: Events are free of charge

Programs hours of operation: Springwell is open Monday - Friday, 8 am to 5 pm. Seminars are scheduled on a variety of times and days, including some early evenings and occasional Saturdays.

Program year: The Caregiver Program follows a Federal Fiscal Year, from October through September, with events scheduled year round.

Stray Pets in Need of Mass Inc. (SPIN)

Sue Webb

PO Box 812143, Wellesley MA 02482

781-235-1218

tiwat@aol.com

www.straypetsinneed.info

Program(s) description(s): Pet and Purr -spend time petting and socializing cats and kittens. It lowers your blood pressure and helps make the cats and kittens more adoptable.

Foster care a mom cat with kittens, or the occasional dog, rabbit, or bird. Enjoy the benefits of having a pet in your life. Being a temporary foster parent gives you a pet fix without the long term commitment you might not be able to make right now. You will help the animal have a second chance of finding a forever home.

Population targeted: middle school to adult

Program cost:

Program hours of operation: Variable

Wellesley Village Church

Susan Hoffman

123 Benvenue Street, Wellesley MA 02482

781-235-1294

sghhoffman@comcast.net

Program(s) description(s): Blood pressure screening

Population targeted: Church members and community

Program cost: None

Program hours of operation: Second Sunday of every month following worship- approximately 11:15am

Program year: September - May

Wellesley Village Church

Susan Hoffman

123 Benvenue Street, Wellesley MA 02482

781-235-1294

sghhoffman@comcast.net

Program(s) description(s): Prayer shawl ministry

Population targeted: Church members and community

Program cost: None, except for knitting materials

Program hours of operation: 2nd and 4th Wednesdays from 9am – 11am at the Wellesley Village Church.

Program year: September – May

Wellesley Village Church

Kathy Musser

2 Central Street, Wellesley MA 02482

781-235-1988

kathy@wellesleyvillagechurch.org

Program(s) description(s): Healing service

Population targeted: Church members and community

Program cost: None

Program hours of operation: 1st Sunday of the month following worship- approximately 11:15 am

Program year: September - May